

A WORD FROM THE EXPERTS

Making Proud Choices!

Interviews with Developers of Evidence-Based
Programs for Teen Pregnancy Prevention



This webinar was developed by Child Trends under contract #GS-10F-0030R for the Office of Adolescent Health; US Department of Health and Human Services as a technical assistance product for use with OAH grant programs.

Inclusion on the HHS Teen Pregnancy Prevention Evidence Review does not indicate HHS or OAH endorsement of a program model.



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Program goals :

- Empower adolescents to change their behavior in ways that will reduce their risk of an unplanned pregnancy or becoming infected with HIV and other STDs.
- Increase knowledge about prevention of HIV, STDs, and pregnancy.
- Bolster positive attitudes and beliefs towards abstinence and condom use.
- Increase confidence/self-efficacy and skills in negotiation, refusal, and problem solving for practicing abstinence and using condoms.
- Increase correct condom use skills.
- Build stronger intentions and a sense of pride and responsibility for choosing responsible sexual behaviors.

Key components:

- Use of activities and materials in curriculum provides adolescents with the knowledge, confidence and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV and pregnancy by abstaining from sex or using condoms if they choose to have sex.

Delivery methods:

- Highly Interactive, youth-centered small group discussions
- Games and interactive activities, role plays, handouts, and posters
- Videos/DVDs
- Practice and feedback

■ Study #1 –Randomized Controlled Trial

- ✓ Population: African American 6th and 7th graders (n=659)
 - Return rate attendance: 96.5% (3-month), 94.4% (6-month) and 92.6% (12-month) follow-ups.

- ✓ Findings: Curriculum Compared to Controls, participants reported
 - More consistent condom use.
 - Less unprotected sex.
 - Higher frequency of condom use
 - Decrease in the frequency of sex.
 - Increase in knowledge, more positive attitude towards condom use and greater self efficacy to use condoms.
 - Adult and peer facilitators were equally effective

■ Evaluated populations

- African American youth ages 11-14 years old in urban areas.
- Multi-ethnic/racial youth, ages 11 to 14 and 15 to 18
- Mixed gender groups and gender based groups

■ Target populations

- Multi-ethnic/racial adolescents who attend middle or high schools and youth-serving community based programs.
- Age 11 to 14 and 15 to 18



■ Evaluated settings

- Saturday program serving neighborhood middle school youth.
- Youth recruited from various schools.

■ Other settings using this program

- In school/classroom based
- After school programs
- Youth serving community-based organizations
- Group homes for teens
- Health clinics or medical facilities
- Organizations caring for foster care youth



■ Potential adaptations

○ Implementation time frame

- The 8 modules can be delivered in different ways (e.g. 1 module/ day, 2/per day or 4 per day)
- Time issues of module schools due to time restraints
(*see adapted in school curriculum*)

○ Group size

- Groups can be larger than 8 participants

○ Facilitators

- Facilitators can be of different ethnic and professional backgrounds.
- Peer educators can be used

Note: TPP grantees must obtain prior approval from OAH for any adaptations.

■ Potential adaptations

○ Settings

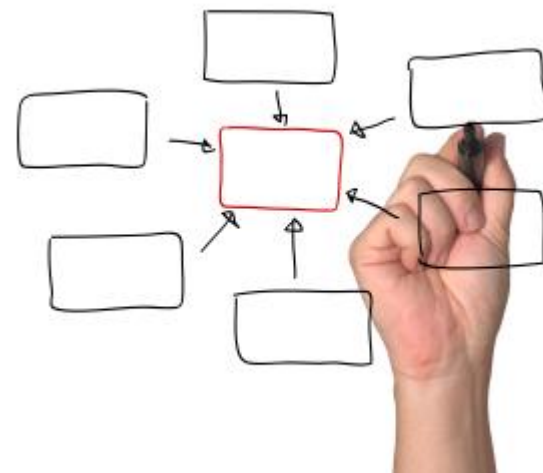
- Community agencies serving the LGBTQ youth
- Community agencies serving youth with disabilities

○ Cultural relevance

- Adapt and change the DVDs and the names used in interactive activities for different ethnic/racial groups, while maintaining the integrity of the program

○ Target population

- LGBTQ youth, disabled youth, incarcerated youth, ethnic-diverse



Note: TPP grantees must obtain prior approval from OAH for any adaptations.

Staffing considerations

■ Staffing considerations

- Number
 - 2 facilitators (one to serve as back-up)
 - Support staff (e.g. admin. assistant)
- Experience/background
 - Professional background is highly recommended (e.g., nurse, teacher, health educator, social worker, counselor)



■ Required/recommended skills

- Formal training on the curriculum
- Experience working with multiracial youth from diverse backgrounds and ages recommended
- Experience in group facilitation
- Comfortable discussing sexual health issues with teens and bolster positive sexual health development
- Be able to relate to youth and their life circumstances, believe in them, and believe in their resilience.

■ Training considerations

- Facilitator training model (TOF)
 - A 2-day training program
 - Designed to develop skills in effectively implementing the curriculum
- Train-the-trainer (TOT) model
 - 3-4 days, depending on organizational needs)
- Cost varies with group size and needs
- Training available on-site or at other settings through Jemmott Innovations Group, Inc. and their partnering agencies, e.g., Healthy Teen Network, JSI, ETR, Teenwise Minnesota, Select Media



Challenges and strategies for success

■ Common challenges

- Attitudes of school administrators, teachers, and parents about condom demonstration in schools settings
- In school class size, limited time, and student absenteeism (missing components of the program)

■ Strategies for success

- Flexibility
- Meet with school board, principals and parents to discuss their issues and strategies to resolve them
- After school and off-campus youth serving agencies
- Reach out to partners for wrap-around services
- Offer incentives for participation



- Recent or planned curriculum revisions
 - Most recent curriculum publication of *Making Proud Choices Facilitator Manual 4th Edition* in 2012 by Select Media
 - Statistical and health-related information that may have changed since publication is updated by trainers, as necessary
 - Making Proud Choices! In-School Edition, 2014
- Further information on publication of Facilitator Manual is available at Select Media
- Training materials available through Jemmott Innovations Group, Inc.

- **HHS Teen Pregnancy Prevention Evidence Review**
 - <http://tppevidencereview.aspe.hhs.gov/>
- **Link to implementation report**
 - <http://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=102&mid=1>
- **Link to model developer's website**
 - <http://jemmottinnovations.com/meet-the-developers/>

Thank you!

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